



BAFA Return to Play Road Map - Scotland Stage 4

Levels 0-4 overview (14 Dec 2020)

The Scottish Government has moved to a strategic approach to manage Covid-19 based on five graduated levels of protection. American football activity in Scotland is currently at Stage 4 in BAFA's Return to Play Roadmap. Below is a table showing what this means for each protection level. Please refer to the Stage 4 Community Club Guidance for Scotland for more information.

	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
NON-CONTACT PRACTICE	✓	✓	✓	✓ Over 18s - Individual practice (2m physically distanced) permitted only	✓ Over/Under 18s - Individual practice (2m physically distanced) permitted only
NON-CONTACT INTRA-CLUB GAMES	✓	✓	✓	✓ Under 18s Only	✗
NON-CONTACT INTER-CLUB GAMES	✓	✓	✓	✓ Under 18s Only	✗
FULL CONTACT TRAINING/GAMES	Not permitted in Stage 4	Not permitted in Stage 4			
GROUP SIZES	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch	Max 30 participants (including coaches) in a wholly separate group - per half full sized pitch
INDOOR ACTIVITY	✓	✓ Under 18s Only	✓ Under 18s Only	✓ Under 18s Only	Not permitted in Stage 4
TRAVEL - OVER 18s	Over 18s who live in Level 0-2 areas can travel to and from other Level 0-2 areas for practice and play. Travel to take part in physically distanced individual practice in a Level 3 area should only take place where absolutely necessary. Travel into a Level 4 area to take part in American football activity is not permitted.	Over 18s who live in Level 0-2 areas can travel to and from other Level 0-2 areas for practice and play. Travel to take part in physically distanced individual practice in a Level 3 area should only take place where absolutely necessary. Travel into a Level 4 area to take part in American football activity is not permitted.	Over 18s who live in Level 0-2 areas can travel to and from other Level 0-2 areas for practice and play. Travel to take part in physically distanced individual practice in a Level 3 area should only take place where absolutely necessary. Travel into a Level 4 area to take part in American football activity is not permitted.	Over 18s who live in a Level 3 area may take part in physically distanced individual practice activity only. Participants should not travel further than around 5 miles outside of their local authority area to do so, and only where absolutely necessary. Travel into a Level 4 area to take part in American football activity is not permitted.	Over 18s living in a Level 4 area may take part in physically distanced individual practice activity only. Travel into or out of a Level 4 area to take part in American football activity is not permitted.
TRAVEL - UNDER 18s	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into a Level 4 area to take part in American football activity is not permitted.	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into a Level 4 area to take part in American football activity is not permitted.	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into a Level 4 area to take part in American football activity is not permitted.	Under 18s may travel to practice or play for their team if it is located in a higher or lower Level 0-3 area. Travel into a Level 4 area to take part in American football activity is not permitted.	Under 18s living in a Level 4 area may take part in physically distanced individual practice activity only. Travel into or out of a Level 4 area to take part in American football activity is not permitted.
TRAVEL - COACHES AND STAFF	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football activity.	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football activity.	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football activity.	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football activity.	Coaches and other club staff are permitted to travel in and out of Level 0-4 areas to undertake American Football activity.
TRANSPORT	Avoid car sharing with people outside extended household where possible	Avoid car sharing with people outside extended household where possible	Avoid car sharing with people outside extended household where possible	Avoid car sharing with people outside extended household where possible. Avoid non-essential use of public transport.	Avoid car sharing with people outside extended household where possible. No use of public transport, except for essential circumstances.